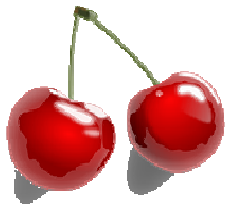

Foods to Avoid

Alcohol, Beer, Biscuits, Breads, Breaded Fish, Breaded Meats, Cakes, Canned Soups, Candies, Cereals, Chocolate, Cookies, Corn Bread, Crackers, Creamed Foods, Custards, Doughnuts, Frostings, Hard Candies, Matzos, Macaroons, Mayonnaise, Meringues, Marshmallows , Ovaltine, Pancakes, Puddings, Pretzels, Packaged Mixes, Pasta, Noodles, Pie Crust, Postum, Processed Foods, Ice Cream, Sauces, Soft Drinks, Sodas, Salad Dressings, Sherbets, Waffles, Flavoured Yogurt, Store bought Gravies,

Foods to Eat

Avocadoes, Arugula, Basil Beets Bamboo shoots Bean sprouts, Broccoflower, Broccoli, Broccoli sprouts, Brussels, sprouts, Boc Choy,(Chinese cabbage), Butter Lettuce, Cauliflower, Celery, Carrots, Cabbage, Cucumbers, Cilantro, Chard/Swiss chard, Cabbage, Cauliflower, Daikon, Dill , Eggplant, Endive, Escarole, Ginger, Grapefruit, Green beans, Greens (beet, dandelion), Fennel , Garlic, Horseradish, Jicama, Kohlrabi, Lemon, Leeks Lettuce, Mushrooms, Okra, Onion, Radicchio, Radishes, Parsley, Peppers, Red onion Romaine lettuce sea vegetables, Salad greens ,Shallots ,Spaghetti squash ,Sweet potato, Squash, (spaghetti, yellow, zucchini) Spinach, Tomato, Vegetables fermented, Watercress, Yam ,Yellow bell pepper ,Yellow onion , Zucchini

Spices: All

Canned
Coconut milk ,Coconut water ,Beans ,Vegetable broth

Oils and vinegars
Apple cider vinegar ,Avocado oil ,Balsamic vinegar (organic)
Coconut butter ,Coconut oil
Flax oil
Ghee
Olive oil, extra-virgin
Red wine vinegar

Foods to add only once Insulin Resistance under better control

Brown Rice, Wild Rice, Basmati, Quinoa, Lentils, Peas, Beans, Butternut squash, Carrots, Apples, Pears, Berries, Potato,